



ORLANDO HAND SURGERY ASSOCIATES
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Distal Radius Fracture – ORIF

POD 10-14:

Splint: The patient is seen in occupational therapy and the postoperative dressing and sutures are removed. A removable custom-molded forearm based wrist splint in 20 degrees wrist extension is fabricated and is to be worn full-time except for hygiene (unless in Supination Protocol, then see below)

Motion: Full active and passive range of motion of the digits is emphasized.

EARLY MOTION PROTOCOL: The immobilization above is continued as resting splint, but may come out of splint to work on gentle active and active-assisted range of motion is initiated. Passive motion is initiated at 3 weeks.

STANDARD PROTOCOL: The immobilization above (or cast immobilization may be used in some patients) is continued with no wrist range of motion until 4 weeks post-operatively. Then, both active and passive motion commence.

SUPINATION PROTOCOL: a long-arm custom mold splint in a position of full supination for protection of the DRUJ, is worn at all times for the first 4 weeks. At 4 weeks, the patient is then fitted with a forearm based wrist splint and assume the EARLY MOTION PROTOCOL above with AROM/PROM.

6 Weeks: If patient demonstrates union:

Splint: Splint is progressively weaned off as tolerated unless otherwise stated.

Motion: Continue as above, but may consider static or dynamic splinting if indicated at 8 weeks depending on how long they have been moving in the protocols above.

- EARLY MOTION PROTOCOL: Continue as above and may consider static progressive or dynamic splinting at 8 weeks if necessary. Gradual progressive strengthening may begin at 6 weeks.
- STANDARD PROTOCOL: Continue as above and may consider static progressive or dynamic splinting at 10 weeks if necessary or earlier per



therapist discretion (but should be cleared with physician). Gradual progressive strengthening is started at 8 weeks.

10 Weeks:

Full activity as tolerated without immobilization

Please call with questions or concerns at the phone number above.